AUSTRALIAN SAILING – POSITION DESCRIPTION

| POSITION: | Australian Sailing Performance Psychologist |
| REPORTING TO: | AS Performance Director, AS Performance Manager |
| LOCATION: | Middle Harbour, NSW |

Background
Australian Sailing is the national governing body to advance, promote, administer and grow the sport of sailing. Through advocacy and partnerships with government and industry; Australian Sailing works to achieve support for programs and activities for the benefit of the sport. We provide leadership to maintain and enhance standards and enrich the quality and reputation of sailing for the collective and mutual benefit of Members, Associates and Participants. Australian Sailing represents the interests of Australian sailing as a member of World Sailing and the Australian Olympic Committee.

Guided by our Strategic Plan, our Vision is for Sailing to be an iconic Australian endeavour that is welcoming, sociable and exciting. Our goals are to:
- Build Sailing’s Profile
- Growing Participation
- Ensuring Sailing’s Sustainability
- Maintaining High Performance
- Enhancing our People, Structure and Culture

The Role
In preparation for the 2024 & 2028 Olympics, the Australian Sailing Performance Psychologist, with support aims to:
- Holistically improve athlete mindsets to enhance medal prospects.
- Develop athletes and coaches as individuals and small teams to be self-reliant and able to perform when it counts.
- Work with National Coaches to refine sailboat racing decision making frameworks and best practices to win medals at the 2024 & 2028 Olympic.

Principle Accountabilities
Performance Enhancement
- Program Delivery – Individual Classes – Instill performance enhancement strategies – includes group and individual sessions - to each class.
- Program Delivery - Group Programs – Infuse performance enhancement strategies across the Team (including athletes, coaches & staff) in readiness for 2024 & 2028 Olympic Games.
- Individual & group consultations with Australian Sailing Team (AST) athletes and coaches.
- Lead the performance psychology programs for State Sailing Performance Programs (SSPP) and network collaboration between State Sailing Performance Program providers.
- Other – services as directed by AS Performance Director, AST Program Managers, and Lead Coaches, or AST Class Coaches.

Administration
- Attendance at weekly AST SSSM Meetings.
- Maintain a contact log of services delivered and correspondence via the Athlete Management System (AMS).

PD: Performance Psychologist
• Reporting on effectiveness of services to stakeholders.
• Assist with the recruitment of State Program Psychologists (where needed) in collaboration with Performance Manager, Athletes & Stakeholders.

Research
• As directed by the AST, applied research may be conducted in collaboration with AST Athletes, AST Coaches, AST Management, AIS Performance Psychology, and AIS Performance Research to bring Performance Psychology innovations into the sport.

Key Challenges
• Developing a strong appreciation for the psychological demands of a complex sport, including rapidly developing the ability to talk the same ‘language’ as athletes and coaches.
• Building capacity for 2028 while achieving 2024 targets.
• Working collaboratively with stakeholders.

Key Relationships

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<th>Australian Sailing</th>
<th>Sailing Stakeholders</th>
<th>External</th>
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<td>National Coaches</td>
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<td>High Performance Director</td>
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Attributes
Qualifications & Experience
• Minimum 8 years’ experience in the provision and application of psychological services in a high performance sport setting.

Technical Competencies
• Tertiary qualifications and supervised training as specified by the Psychology Board of Australia to meet registration standards.
• Registered Psychologist with the Australian Health Practitioner Regulation Agency (AHPRA).
• Exceptional interpersonal skills and ability to build and manage professional relationships with Coaches, Athletes and Management.
• Ability to effectively manage confidential information.
• Experience in acceptance based and cognitive behavioural frameworks.

Personal Attributes
• High level of motivation & integrity
• Exceptional interpersonal skills
• Strong communication skills both written & verbal
• Strong team player who is hard working, innovative and challenging
• Strong skills in time management & priority setting